

## **Fundamental Aspects of Palliative Care:**

This 4 day programme is designed for registered nurses and professional health carers working in all health care settings. The aim of the programme is to develop the learner's fundamental palliative care knowledge, attitude and skills thus enabling participants to apply the principles of palliative care in their clinical practice so as to improve the quality of life of palliative care patients and their families.

### **Entry Requirements:**

Applicants must be in possession of a relevant professional healthcare qualification and should have contact with patients requiring a palliative approach to care.

### **Programme Structure:**

This programme is divided into four themes, each theme will cover essential fundamental aspects of palliative care:

- Introduction to a Holistic Approach to Palliative Care
- Pain and Symptom Management in Palliative Care
- Specialist Palliative Care Services
- Palliative Care Skills

Topics included under these themes are the philosophy of palliative care, sociological and psychological approaches to palliative care, spiritual issues in palliative care, pain and symptom assessment and management, syringe driver workshop, a multidisciplinary team approach in palliative care, therapeutic communication and specialist palliative care services. This programme is offered in two different formats to facilitate access for health care professionals. Some courses are offered as one day a week for four consecutive weeks and others as four days of one week (Monday to Thursday). The course content will be delivered by the multidisciplinary team at Marymount Hospice using a variety of teaching strategies.

### **Personal Issues:**

This course deals with personal attitudes and emotions relating to palliative care. If you have had a recent traumatic event in your life, you need to consider very carefully whether you feel prepared to undertake the palliative care course. Please contact the Course Facilitators with your query at St. Patricks Hospital / Marymount Hospice on 021 4501201 – ask for the education centre.

### **Course Dates for 2010:**

### **Course 1: Fundamental Aspects of Palliative Care**

Attendance is required for four consecutive Wednesdays : January 27<sup>th</sup>, 10<sup>th</sup> February, 17<sup>th</sup> February and 3<sup>rd</sup> March, 2010.

### **Course 2: Fundamental Aspects of Palliative Care**

Attendance is required for four consecutive Wednesdays : April 14<sup>th</sup>, April 21<sup>st</sup>, April 28<sup>th</sup> and 5<sup>th</sup> May 2010.

### **Course 3: Fundamental Aspects of Palliative Care**

Attendance is required for four days in one week : Monday 14<sup>th</sup> June, Tuesday 15<sup>th</sup> June, Wednesday 16<sup>th</sup> June and Thursday 17<sup>th</sup> June, 2010.

### **Course 4: Fundamental aspects of Palliative Care**

Attendance is required for four days in one week.  
Monday 28<sup>th</sup> June to Thursday 1<sup>st</sup> July, 2010

**Time:** 09.00 – 17.00

**Venue :** Education Centre, St. Patricks Hospital, Marymount Hospice, Wellington Road, Cork.

**Course Cost:** The course fee is €300, this will include photocopying facilities and light refreshments each day for morning break.

Dates for further courses will be advertised at a later date.

**Award:** Certificate of Attendance. This programme is currently pending An Bord Altranais Category 1 Approval

### **Parking:**

**NB:** Parking is limited in the hospital grounds.

Parking is available alongside Kent Train Station, Cork for €7.00 for 24hrs, this Iarnrod Eireann parking area is just 10 minutes walk from the hospital entrance.

### **Public Transport:**

St. Patricks Hospital / Marymount Hospice is located a short 5 minute drive from Kent Train Station, Cork which has regular services to Mallow, Midleton, Cobh, Limerick and Dublin. Train times can be accessed from [http://www.irishrail.ie/your\\_journey/printed\\_timetables.asp](http://www.irishrail.ie/your_journey/printed_timetables.asp). Cork central bus station in Parnell Square is also a 5 minute drive away and has services nationwide.

See timetables on : <http://www.buseireann.ie/bubble.php?id=3>. Please see attached a map of Cork city indicating the location of St. Patricks Hospital / Marymount Hospice which is also served by the City Bus No 8.

### Driving to St. Patricks Hospital / Marymount Hospice.

For Directions by car, please see AA Route Planner at [http://www.aaireland.ie/routes\\_beta/](http://www.aaireland.ie/routes_beta/) for planning your route.



### Application Procedure:

An application form is available online (see link attached ) or from the education centre, St. Patricks Hospital / Marymount Hospice. Please return completed application form by post to **Education Centre, St. Patricks Hospital / Marymount Hospice, Wellington Road, Cork** or by email to [edcentre@stpatricksmarymount.ie](mailto:edcentre@stpatricksmarymount.ie) **Course fee will need to be paid in full prior to course commencement.**

**Documents to be included :** A photocopy of your current professional registration and PIN eg An Bord Altranais.

**For Further Information:** Please telephone St. Patricks Hospital/ Marymount Hospice Main Switch at **021 4501201** and ask for Education Centre.